

“HOW TO TRAIN  
YOUR TEEN/YOUNG  
ADULT ON DRIVING:  
THE “ELEPHANT” OF  
THE AUTISM  
COMMUNITY.”



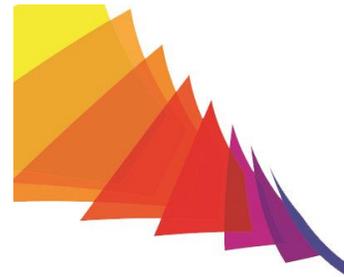
Andrew Arboe: Event  
Facilitator of PATS, Job  
Coach/Para of Plainville  
schools and Autism  
Advocate

Andrew Arboe, Event Facilitator

74 Batterson Park Road  
Floor 1  
Farmington, CT 06032

860 606-7060

[arboea@planningacrossthespectrum.com](mailto:arboea@planningacrossthespectrum.com)



**PLANNING ACROSS THE SPECTRUM**



MY QUESTION TO  
PARENTS: HAVE  
YOU THOUGHT  
ABOUT THIS BEFORE  
OR WAS IT EVER  
BOUGHT UP BY  
YOUR IEP TEAM?



Autism is full of impairments like social interaction, motor skills, and attention for examples.

Executive functioning is an area easily affected by autism.

Executive functioning is very important for driving. Ex: Knowing when to change lane or how to read the signs.

# SENSORY ELEMENTS

Heat/Cold

Noise

Feeling of seatbelt

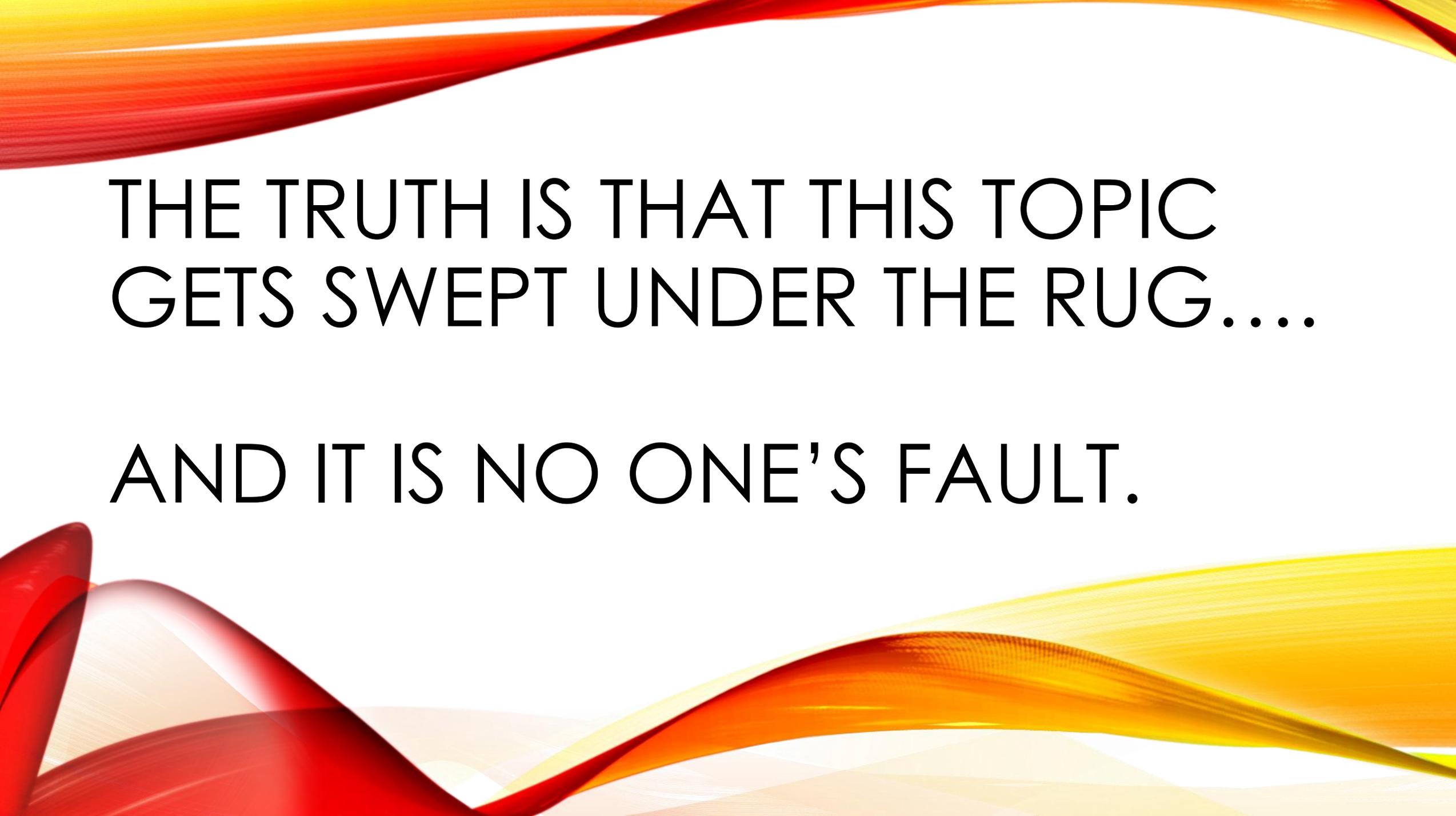
Loss of direction

Road conditions like bouncing in your seat after a bumpy road

# THE TYPICAL WAYS MOST SCHOOL DISTRICTS TREAT TRANSPORTATION FOR INDIVIDUALS WITH ASD, AT LEAST IN MY PERSPECTIVE.

- Most 18 to 21 programs use public transportation
- Others could use paratransit
- Uber
- BRS does driving training, but only for individuals with physical disabilities.
- EasterSeals does driver evaluations





THE TRUTH IS THAT THIS TOPIC  
GETS SWEEPED UNDER THE RUG....

AND IT IS NO ONE'S FAULT.



SHOULD IT BE A TOPIC WORTH DISCUSSING?  
AFTER ALL, ONLY 1 IN 3 OF FOLKS WITH ASD WITHOUT AN ID  
HAS A LICENSE. I FIND THAT YES, ITS WORTH TALKING ABOUT.

**Source: CBS News**

<https://www.cbsnews.com/news/teens-with-autism-have-drivers-license/>

WHAT IS THE FIRST STEP TO CONSIDER FOR  
DRIVING?

Motivation



FOUR MAIN BODIES OF **MOTIVATION**: THIS IS SOMETHING I PRODUCED FOR PARENTS AND INDIVIDUALS TO START THINKING ABOUT DRIVING



JOB FIELD



LOCATION



WHAT'S AVAILABLE  
FOR HELP?



INTERNAL FEELINGS  
WITHIN AN INDIVIDUAL

The background features several flowing, wavy bands of color. At the top, a thick band of red and orange curves across the frame. Below it, more translucent, layered waves of red and yellow flow from the bottom left towards the right. The overall effect is dynamic and modern, with a clean white background in the center.

MY CASE

# MY CASE: “JOB FIELD”

- College: Manchester Community College: Disability Specialist
- Transportation?: License is a must! Most positions in this field requires a license. The photo here is a screenshot I took from Indeed on a positions I currently look at on that website.
- Job duties may involve taking individuals out to the community.
- Some entry level jobs may be flexible about it, but not always. I got lucky with my job coaching position, which I got before I took my license test.

## MENTOR

Project Genesis Inc

★★★★☆ 19 reviews

Willimantic, CT 06226

Job

Reviews

Special Education Support Services Program  
Education Mentors work 1:1 with students with special needs in community settings. Experience and/or education in Disability/Education/Human Services required. Knowledge of mental health related issues, behavior management and transition skills including job coaching, functional academics, and daily living skills required. Must possess excellent oral and written communication skills and be able to work independently and in community settings. Note: Must have reliable transportation and valid driver's license. Must be willing to travel within a 30 miles radius. Interested applicants please select the Apply Now button below, mail resume/salary requirements to Project Genesis, Inc. P.O. Box 799, Willimantic, CT 06226, or fax to (860) 456- 7417. SESS101 on Subject Line EOE/AA



# MY CASE: “LOCATION”

- Farmington
- Towns near by: West Hartford, Hartford, Bristol, Plainville
- Routes: 4, 6, 10, 84
- Bus route: 66 that goes to Hartford, but only on the weekdays from 6:30am to 7:30pm.
- Ubers are so-so. Takes 10 minutes and costed around \$11 to \$15
- Paratransit: I never used it
- Friends: Most are all over the state

# MY CASE: “AVAILABILITY FOR SERVICES

- BRS: N/A
- EasterSeals: N/A
- IEP: N/A
- Special driving schools: N/A
- OT: N/A
- Driving School: Next Street/Epic Driving School

## MY CASE: INTERVAL FEELINGS

Loneliness of being away from most people and events

Dealt with having war on myself mentally, fighting off a defeatist mindset

My busy schedule leaving me with only time to practice on the weekends, creating a cycle of sorts

Determination: What kept me sane during this goal

Fears of being rejected from my field

The background features several flowing, wavy bands of color. At the top, a thick band of red and orange flows from left to right. Below this, the background is mostly white. At the bottom, there are more complex, overlapping waves of red and yellow, with some areas appearing more translucent or layered. The overall effect is dynamic and energetic.

WHAT WORKED OUT?

# THE FOLLOWING REASONS

Determination

Next Street  
Driving School

Events I go  
Attend

Autism  
Families CT

Friends/My  
Dad

# DETERMINATION!

- Motivation was high.
- Refused to believe that I can't drive.
- Proving the world wrong.



# NEXT STREET

- Locations are in Avon, Bristol, Hartford, New Britain, Watertown, Torrington, Glastonbury, Wolcott, Manchester, Southington, etc.
- They do 8-hour road lessons.
- Their cars have a passenger brake in the front and the instructors were so helpful and patient.
- They also do full 30-hour classrooms lessons with 8 hours of road lessons.



# EVENTS I ATTENDED

- Autism events
- Video game social gatherings
- Friends' houses.
- Community events

## AFC

- I work for their Building on the Spectrum program
- Whenever I must go over for work, I drive for a good 30 to 40 minutes.
- It started the seeds of me believing that I can really do this.



# FRIENDS/MY DAD

Driving over to friends.

One or more offered to help me learn how to drive.

Big picture: It's important to have different people helping you out.

For my dad, I thank him for letting me go through all of this. While we had different driving philosophies and while you did make it hard in the beginning, you did let me have the chance to do this. He allowed to find my leap of faith.

# ROAD TEST TIPS

## Drive around

Drive around the DMV of whatever location you decide to take the test. The test has you go around in circle of the DMV area.

## Hint

Big Hint!: Watch YouTube videos of people going through the test. Some managed to record the entire test on their camera.

## Do

Do a mock up DMV test at a driving school.

## Practice

Practice all parking techniques.

# THE UNLIKELY SOURCE OF HELP FOR ME...

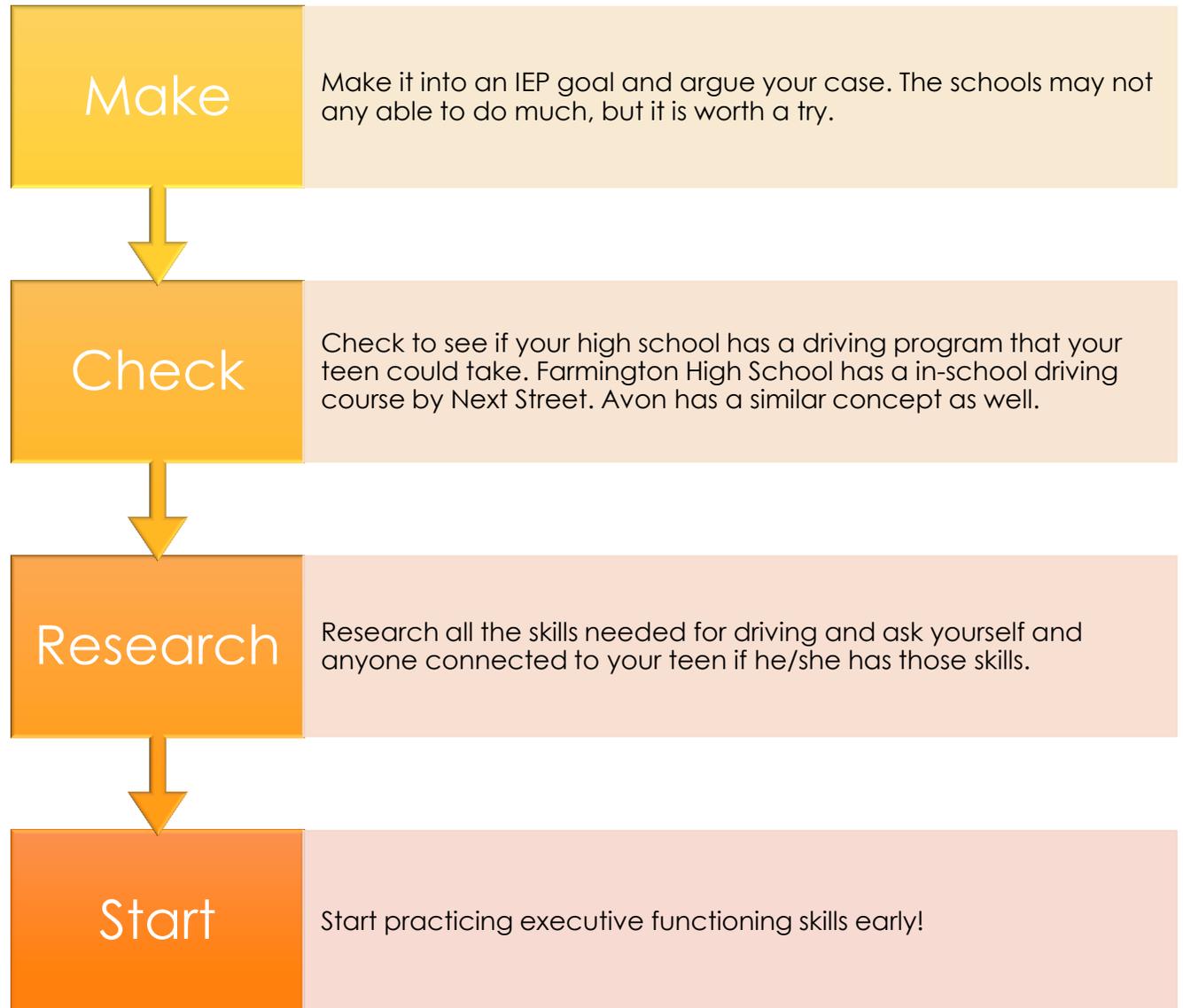
- Remembering one of my favorite games' final boss.
- Rhythm game that came out of nowhere.
- If you fail, you start it all over again.
- This boss requires you to be calm, even though the player is meant to be worried about messing up. It is meant to be a calm end for a rather brutal game.
- Thinking about this helped me out. Once I got inside my car, all of my worries melted away and it was just calmness.



# WHAT'S THE END GOAL FOR ALL OF THIS?

- We are supposed to involve every possibility for the individual with ASD. Every case is so different. Some do need to learn how to drive.
- Driving can impact both social and work-related worlds.
- There may be no guarantee that this may work, but life is all about the struggle.
- Most important detail for today: There is no magic age to start driving!

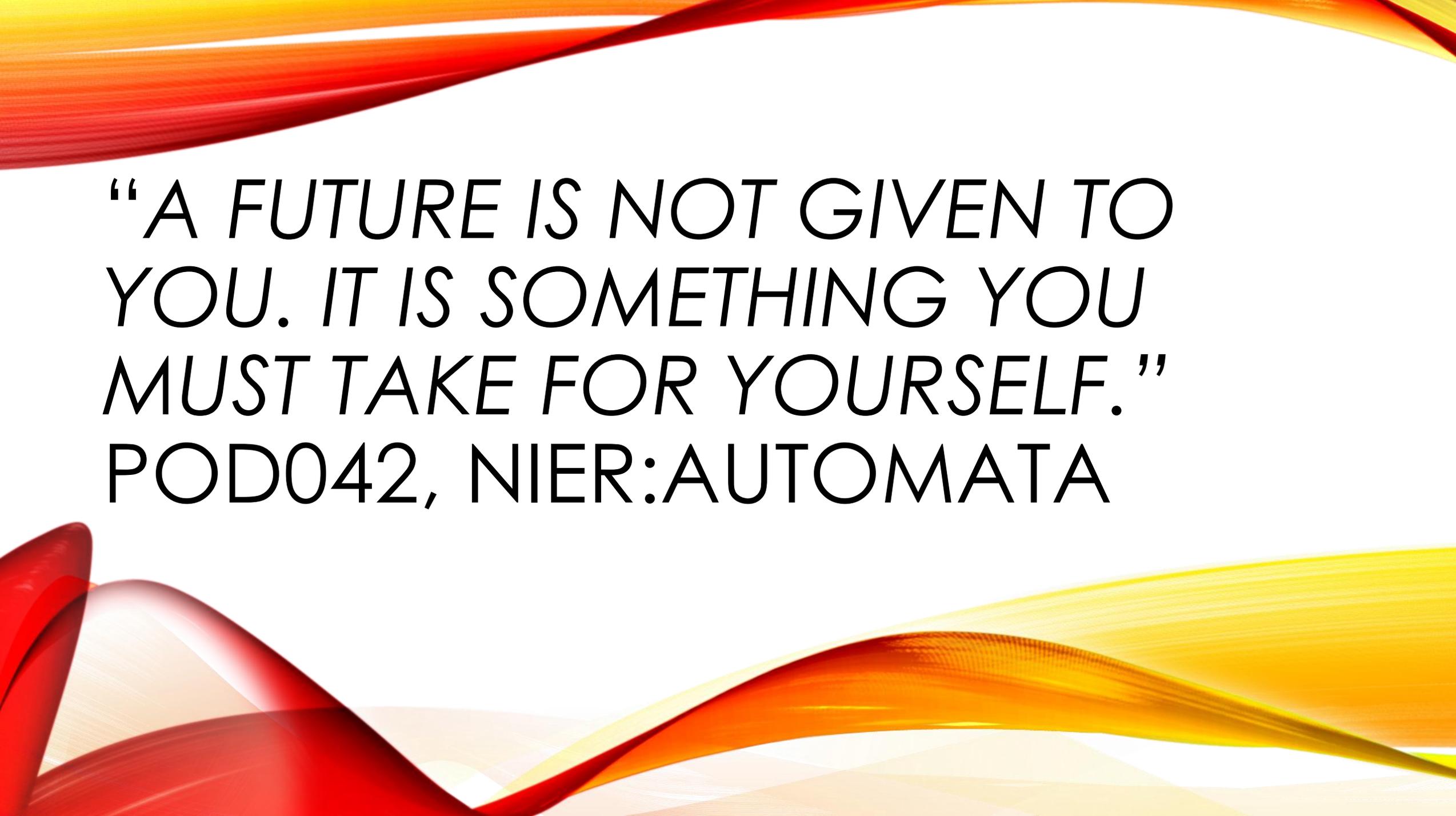
# WHAT STEPS TO TAKE NOW, IF YOUR TEEN/YOUNG ADULT ARE STILL IN SCHOOL?





## ALLOW YOUR TEEN/YOUNG ADULT TO FIND THEIR LEAP OF FAITH

- It is hard to let them do so, but it is necessary for an individual's self improvement.
- Not only one must find it within, you just know when you feel it.



*“A FUTURE IS NOT GIVEN TO YOU. IT IS SOMETHING YOU MUST TAKE FOR YOURSELF.”*  
POD042, NIER:AUTOMATA

# CURRENTLY AS OF 07/23/19

I got experience driving during various weather conditions.

I feel freer and with no jobs restrictions!

I drove to areas like Southwick Mass, North Haven, Wallingford, Woodbridge, Berlin Turnpike, Enfield, Stafford Springs, Manchester, etc.

I started highway driving currently, thanks to route 8, 29, and 384.